

Reasons to Quit: Cost, Readiness, Your Love Life

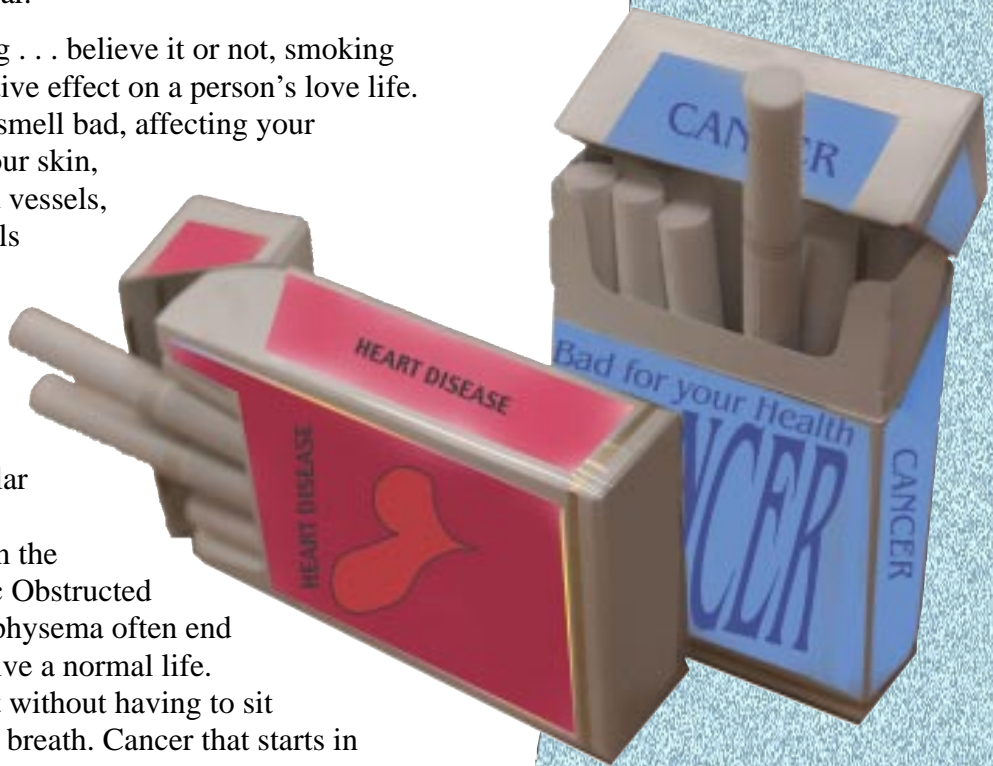
Let's say you spend five bucks a day on your cigarette habit. In one year, you'll spend \$1,850. In ten years, you'll smoke away a brand new car.

Speaking of debilitating . . . believe it or not, smoking can have a profound, negative effect on a person's love life. In addition to making you smell bad, affecting your breathing and wrinkling your skin, smoking can destroy blood vessels, especially tiny blood vessels that affect sexual performance.

Smoking has been linked directly to sexual dysfunction in men, and it's believed to have a similar effect in women. Smoking makes its biggest assault on the lungs. People with Chronic Obstructed Pulmonary Disease or Emphysema often end up on oxygen and cannot live a normal life. Many can't walk a few feet without having to sit down and try to catch their breath. Cancer that starts in the lungs of many smokers can often have devastating effects, spreading throughout the body to involve the liver, kidneys, bones, and brain.

The Navy considers smoking as not only a health issue, but also one that affects readiness, military bearing, and leadership by example.

According to Secretary of the Navy Instruction 5100.13B of February 11, 1998: "Tobacco use is considered the chief preventable cause of premature death and disease in the United States, killing more than 400,000 (19 percent of total deaths) annually. Tobacco use in any form is addictive. Involuntary exposure to tobacco smoke has been shown to cause cancer, lung and heart disease in healthy nonsmokers."



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